

**NAVY CHILDREN SCHOOL  
VISAKHAPATNAM**

**YOGA (841) - MONTH WISE SPLIT UP SYLLABUS(2024-2025)  
CLASS-XII**

<b>MONTH</b>	<b>UNIT No.</b>	<b>TOPIC NAME</b>	<b>Practical / Project</b>	<b>Subject enrichment activity</b>
April	1 & ES-1	<b>Introduction to Yoga and Yogic Practices – II</b> <ul style="list-style-type: none"> <li>• Shat karma meaning, purpose and their significance in yoga sadhana</li> <li>• Yoga asana meaning, principles and their health benefit.</li> </ul> <b>Communication Skills-IV</b>	<b>Sukshma Vyayama</b>  <b>Asanas</b>	Introducing Sat Karmas (douthi, basti, neti, tratakam, nouli, khapalbhati)  Finding the difference between asanas and physical exercise
May & June	1 & ES-1	<b>Introduction to Yoga and Yogic Practices – II</b> <ul style="list-style-type: none"> <li>• Introduction to Pranayama and Dhyana</li> <li>• Identify career opportunities in yoga</li> </ul> <b>Communication Skills-IV</b>	<b>International Yoga Day</b>  <b>Meditation</b>	Discuss about length of prana, ratio of pooraka, kumbhaka, rechaka.  Creating awareness on different courses in Yoga
July	2	<b>Introduction to Yoga Text-II</b> <ul style="list-style-type: none"> <li>• Concept of ahara (Diet)</li> <li>• Significance of Hatha yoga Practices</li> <li>• Concept of mental health well-being according to Patanjali yoga</li> </ul>	<b>Asanas</b>  <b>Suryanamaskaras</b>	Practicing Important verses (slokas) from Hata yoga ( Atyahara viharasya.....)
August	2 & ES- 2	<b>Introduction to Yoga Text-II</b> <ul style="list-style-type: none"> <li>• Yogic practices of Patanjali yoga</li> </ul> <b>Self – Mangement Skills-IV</b>	<b>Kriyas(Jalaneti/ Sutraneti)</b>	Creating awareness on yogic Practices of patanjali

September	2 & ES-3	<b>Introduction to Yoga Text-II</b> <ul style="list-style-type: none"> <li>• Concept of healthy living style in Bhagavad Gita</li> <li>• Importance of subjective experience in daily yoga practice</li> </ul> <b>ICT Skills-IV</b>	<b>Pranayamas</b>	Discuss about important slokas in Bhagavad Gita  Making a daily yoga practice list
October	ES-4	<b>Entrepreneurial Skills-IV</b>	<b>Kriyas (Jalaneti/Sutraneti)</b>	Finding Benefits of neti kriyas
November	3	<b>Yoga for Health Promotion-II</b> <ul style="list-style-type: none"> <li>• Introduction to first aid and CPR</li> <li>• Yogic management of stress and its consequences</li> </ul>	<b>Asanas Pranayama</b>	Creating awareness on CPR by demonstration  Pranayama and Meditation techniques for stress management.
December	3	<b>Yoga for Health Promotion-II</b> <ul style="list-style-type: none"> <li>• Yogic prevention of common diseases</li> <li>• Yoga and personality development</li> </ul>	<b>Asanas Pranayama Meditation</b>	Chart making on yogic management of common diseases
January	5	<b>Green Skills-IV</b>		
February	All	<b>Revision</b>		